

KT HEALTHCARE - YOUR JOURNEY

Thank you for choosing KT Healthcare, here's a run through of what to expect with us

What's it all about?

Exploring autism



A trained professional will spend some **time getting to know you**, how you think, interact, and experience the world. The goal is to **understand your brain better** so we can help you (and others around you) support your needs.

It's **not a test**, and it's not about "passing" or "failing", it's about discovering more about you.

How does it work?

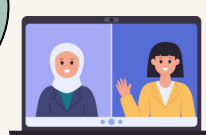


The process is mostly **online**, using video calls.

You'll need access to a **laptop or tablet** (not a phone).

Don't worry, it's **just a way to talk face-to-face**, even if we're not in the same room.

We talk to your parent/carer



In one session, we chat with your parent/carer(s) **without you there**.

They'll answer questions about when you were **little** (especially around age 4-5), and about **how things are going now**.

This helps us **understand your development and current experiences**. It takes around **2-3 hours**, so they might want snacks or a comfy seat.

Then, it's your turn



Your session will be about **1-1.5 hours long**.

You'll meet with a professional who'll **ask questions, chat with you**, and guide you through some creative activities.

These are designed to give us **insight into how you communicate, solve problems, and socially connect**.

You'll need to be in a **quiet space**, and we'll ask to see you from the **waist up on camera**.

Have **five** of the following nearby:

- Shoelace, Paper clip, Pen, Feather, Straw, Sticky note, Toy car, Block, Cup or ball

You can sit **wherever you feel most comfortable**; at a table, on a sofa, or in a chair.

If you'd like a parent or carer nearby, that's totally fine. Just make sure they let you take the lead during the conversation.

What happens after?



Once both sessions are done, **our team meets to go over everything** and decide whether you meet the criteria for an autism diagnosis. We use something called the **DSM-5** to help make that decision.

Within 3-4 weeks, we'll **call your parent/carer** with the outcome.

Then, within **4-5 weeks** from the outcome call we will send a **report that explains the decision and offers helpful advice**. It's about giving you (and the adults in your life) a better **understanding of your strengths and challenges**, so you can move forward with the right support.

Reachout



We know that this can be a time filled with anxiety and worrying about the unknown, but we are here to listen, and help you to understand your brain. If you have any questions, email us or get your parent/carer to email us. We look forward to seeing you and helping in this part of your understanding!

if you need support whilst waiting, don't forget your GP can continue to help. You can also ask you parent/carer to find your Local Offer or Local ICB page which will show what support you can access whilst waiting for your assessment. If you are unsure which ICB you are under, please do ring and ask us

KT HEALTHCARE - PARENT/CARER JOURNEY

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Purpose of the assessment

Your young person is taking part in an **autism assessment** to better understand how they think, communicate, and experience the world.

This process **supports clarity** about whether your child meets the criteria for an autism diagnosis, and **provides a foundation for understanding** their strengths and support needs.

Format & Set up

The assessment is **virtual**, conducted via video call.

Please ensure your young person has access to a laptop or tablet (**not a phone**), and a stable internet connection.

Calls are scheduled during appropriate times, with attention to comfort, privacy, and accessibility.

Parent/Carer Interview

One appointment is for **parent/carers only**, lasting approximately **2-3 hours**.

It focuses on **developmental history**, especially around ages 4-5, and your observations of how they currently **experiences social, emotional, and sensory aspects of life**.

The clinician uses the **ADI-R tool**, which supports structured understanding. We recommend having refreshments on hand and choosing a quiet, comfortable space.

Their session

One appointment is with your **young person**, lasting around **1-1.5 hours**.

A clinician will use a structured approach (informed by the **ADOS tool**) involving **conversational and interactive tasks**.

These activities are designed to **observe communication style, problem-solving approaches, and social interaction** in a naturalistic way.

Important Setup Notes:

- They should be **visible on camera from the waist up**.
- A **neutral setting** like a sofa or table works best.
- You may **help with setup**, and remain nearby if they prefer, but we kindly ask you **not to assist with answers** during the session.

Suggested items (choose **five** to have ready):

- Shoelace, Paper clip, Pen, Feather, Straw, Sticky note, Toy car, Block, Cup or ball

After the appointments

The clinical team meets within **3-4 weeks of the second session** to review all information. Decisions are based on the **DSM-5 criteria** for autism, with input from multiple professionals.

The **lead clinician will call you** as soon as a decision is reached, typically from a no-ID number. If unreachable, they will email to arrange a time to speak.

You will receive a comprehensive **written report within 4-5 weeks** of the outcome call.

It includes a **diagnostic formulation and general recommendations**. Please note that support strategies are broad rather than setting-specific, to maintain relevance across contexts and over time.

Reach out



We understand that this process can feel emotionally intense or time-sensitive, particularly when tied to SEND support or educational transitions. Our team is here to help, please don't hesitate to reach out at office@kirsoptaylorhealthcare.com if you need guidance or reassurance during any part of the journey.

we look forward to meeting you and your young person to support understanding of their brain!

KT HEALTHCARE - FULL DETAILS

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Full Details of KT Healthcare's Right to Choose Autism Assessment Service

Our clinical team at KT Healthcare is **highly trained and experienced in carrying out Autism assessments**, supporting families and individuals throughout the process.

Our Autism assessments strictly adhere to a code of conduct drawn from the **National Institute for Health and Care Excellence (NICE) guidelines** and employ the gold standard **ADOS and ADI-R diagnostic tools**.

We are a mostly virtual service and require you/your young person to have access to a laptop/tablet/computer compatible with video calling.

We understand that approaching an Autism Assessment and considering whether the outcome might be a 'diagnosis' or a 'non diagnosis' can be a **challenging time**.

Following your GP referral:

We will contact you within **2 weeks** to ask you to complete some questionnaires to gather background information. With your permission we will also contact your child's educational setting to gain information. We require the questionnaires to be completed and sent back to us **within 2 weeks**.

once we have received the questionnaires you will be added to our waiting list. Your questionnaires will be screened, and a clinician may be in contact to ask any further questions if needed. This is to ensure we are the best placed service to assess you. Once you reach the top of the waiting list, we will be in touch to book **2 separate appointments**.

One appointment will be with **parents/carers only**. This is **2-3 hours long** with a specially trained clinician who will ask questions regarding your child's early developmental (specifically age 4-5 years) and how they are currently experiencing things. They will use a tool called the **ADI-R**. It is a good idea to bring a drink/snack and make yourself comfortable.

One appointment will be with **your young person**. This is **1-1.5 hours long** with a specially trained clinician who will complete an observation assessment called the **ADOS**. This is an ADOS informed online assessment that uses play based activities that allow the clinician to evaluate an individual's communication skills and social interaction style. Please ensure a **parent is there to set up the camera**, please use a tablet or laptop and **not a phone**. The clinician needs to be able to **see your child from the waist up**.

The session includes some activities and general conversation. Please have **five** of the below **random items** available during the assessment (or anything handheld within your house)

- Shoelace, paper clip, pen, feather, straw, sticky note, toy car, block, cup or ball.

Your young person can be seated at a table or on the sofa. Once they are comfortable it is ideal if you can then **leave the room**. If they would like you to stay that's fine but please do not provide any clues or answers to questions. Our clinicians are **skilled at making young people feel comfortable**, please do email us if you have any worries or concerns.

Once the appointments are complete the **clinicians involved (Multidisciplinary Team)** will meet **within 3-4 weeks of the second appointment** to decide if your child/young person meets the criteria for a diagnosis of Autism using the DSM-5 (Diagnostic and Statistical Manual of Mental Health).

We realise it can be an **anxious wait** to hear whether your child has met the criteria for Autism, and you may have deadlines for EHCPs and other meetings. The **lead clinician will call you** to provide the outcome and next steps as soon as they have reached the decision. Please expect a call from a **'no number' within 3-4 weeks** from your second appointment (unless alternative communication is requested). If they cannot get hold of you they will email you to book a suitable time for a call.

You will then receive a detailed report including recommendations with a formulation of your child's presentation **4-5 weeks** after the call with the lead clinician.

Please note as a **diagnostic service** our reports give reference to **general support recommendations** but do not contain specific details for how support should be implemented. This ensures the report remains accurate and relevant over time, recognising that specific individual support needs may vary in different settings and circumstances.

Reach out

Our trusted team are here to help so please do not hesitate to contact us on **office@kirsoptaylorhealthcare.com** if you need any assistance during the assessment process.

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